

OUT & ABOUT

Payday Scramble

The Fort Lewis Golf Course is holding a Payday Scramble today, with a shotgun start at 1 p.m. Register at the Fort Lewis Golf Course Pro Shop. Singles and twosomes will be paired for the scramble. The fee is \$20 per person, plus green fees, and includes a golf cart and prizes (annual “members” do not pay green fees for this event). For more information, call the Fort Lewis Golf Course at 967-6522.

Open house and yard sale

You’re invited to Outdoor Recreation’s Annual Open House and Yard Sale Saturday. Stop by the Northwest Adventure Center, Building 8050 on NCO Beach Road on North Fort Lewis from 9 a.m. to 4 p.m. There will be a store-wide sale and rental equipment sale, outdoor recreation activities, demonstrations and information. Call 967-5415 or 967-6263 for more information.

Whitewater rafting

Join Outdoor Recreation for a trip down the beautiful Wenatchee River, Sunday. You will put in near the town of Leavenworth and paddle through exciting Class III rapids. Cost of the trip is \$60 — gear, instruction and transportation included. The trip departs the Northwest Adventure Center at 7 a.m. Ask about our private trips for groups and units. Groups of 24 or more, \$55 per person. Minimum age: 14 years old. No rafting experience is necessary. Pre-registration is required. Call 967-6263, or stop by the NAC, open seven days a week from 9 a.m. to 5:30 p.m.

Disabled vet golf

Swing into summer. The Friends of American Lake Veterans Golf Course will hold a free golf clinic for disabled veterans on Monday, at the American Lake Golf Course. The clinic will begin at 9 a.m. and lunch will be served at 11:30. There will be an opportunity for open golf following lunch until 3 p.m. If you have a disability that prevents you from playing golf, then come and learn how to get back into the game. Recreation therapists and golf professionals will teach disabled veterans adaptive techniques using adaptive equipment and go over golf basics. All active-duty and retired disabled veterans are welcome to attend this event. Registration is required. Contact Kristie Goedhard at (206) 277-6683, [Kristine.Goedhard@va.gov](mailto:Kristine.Goedhard@va.gov) or the American Lake Golf Course at 582-8440, ext. 7-1058. Please let her know if you have any special needs.

Indoor rock climbing

Head down to the Warehouse Rock Gym in Olympia Wednesday for some fun, indoor rock climbing. Cost of the trip is \$16 — climbing harness, carabiner, belay device, instruction and transportation are provided. No experience is necessary for this trip. Meet at the Northwest Adventure Center at 5:30 p.m. All ages are welcome. Pre-registration is required. Call 967-6263, or stop by the NAC, open seven days a week from 9 a.m. to 5:30 p.m.

Armed Forces Day

You are invited to honor the military at the 19th Annual Armed Forces Day Celebration May 19 at Cowan Stadium on Fort Lewis. Volksmarch registration and participation begin as early as 8 a.m., and the 5K Mud Run at Soldiers Field House is at 9 a.m. Beginning at 10 a.m., there will be a variety of entertainment for people of all ages, including the Northwest Military Star finals, parachute jump, military vehicle and equipment displays, battle re-enactments, music, comedy and magic acts and a number of food and information booths. The fun is open to the military and civilian communities. Those without valid DOD ID cards and vehicle decals must access Fort Lewis via I-5 Exit 119. All persons and items are subject to inspection. For additional information, please go to [fortlewisnmwr.com](http://fortlewisnmwr.com).

Ape Caves adventure

Travel down past Mount St. Helens, May 20, to explore the longest continuous lava tube in the Western Hemisphere, the Ape Caves. This Outdoor Recreation trip will travel deep into the underside of a 2,000-year-old lava flow to scramble and climb over and under volcanic formations. In this subterranean environment, the average temperature remains a constant 42 degrees, year-round, so dress warm, bring your lunch and a water bottle — and don’t forget your flashlight. Cost of the trip is \$26. Meet at Northwest Adventure Center at 8 a.m. Minimum age: 12 years old. Pre-registration is required. Call 967-6263, or stop by the NAC, open seven days a week from 9 a.m. to 5:30 p.m.

Parasail Commencement Bay

Come on out and enjoy the fun and thrill of parasailing while spending two hours on the beautiful waters of Commencement Bay in Tacoma. Not only will you get the thrill of gliding high above the salty waters of the bay, but you will be treated to a delicious appetizer by one of Tacoma’s premier Ruston Way restaurants upon your return to the dock. Trips are scheduled for May 17, 20 and 27. Cost is \$30. Minimum age: 3 years old. Pre-registration is required. Call 967-6263, or stop by the NAC, open seven days a week from 9 a.m. to 5:30 p.m.

Saturday morning workouts

Looking for a place to workout on Saturday mornings? Fort Lewis Sports, Fitness and Aquatics is opening McVeigh Sports and Fitness Center on Saturday mornings from 8 a.m. to 7 p.m. McVeigh is one of the best equipped weightlifting facilities in the Pacific Northwest and houses two indoor tennis courts, indoor racquetball courts, an indoor climbing wall, Nautilus circuit, LifeCircuit machines, BodyMaster circuit machines, free weights, a mat area, aerobic machines and men’s and women’s saunas. For additional information, call 967-5869.

# Gas too expensive? Try bicycling

Commuting on two wheels can also have health benefits

**Purpose of Bicycle Trips**

<b>2002 survey results</b>	
Recreation	26%
Exercise or health	23.6%
To go home	14.2%
Personal errands	13.9%
Visit friend/relative	10.1%
Commute to school/work	5.0%
Bicycle ride	2.3%
Other	4.9%

*Source: Bureau of Transportation Statistics*

**By Bob Reinert**  
Northwest Guardian

Rising gas prices are making your daily commute to and from Fort Lewis ever more costly.

Then there’s the whole issue of your fitness level, which seems to be headed in the opposite direction.

The answer to both problems might be sitting in your garage. Here’s a hint: It has two wheels, not four.

See **BICYCLING**, Page B2



Jason Kaye/Northwest Guardian File

Michael Chang rolls through the DuPont Gate during his bicycle commute to work. Bike-to-Work Week is May 14-18.

## 2007 FORT LEWIS BODY BUILDING CHAMPIONSHIP



Jason Kaye

Pam Chichester competes in the women’s lightweight class during the Fort Lewis Body Building Championship at the American Lake Community Center.

Body Building championship results			
<b>MEN’S RESULTS</b>			
<b>Overall</b>		2. Joseph Botijer	
Kody Fraughton		<b>Masters</b>	
<b>Best Poser</b>		1. Milton Feagans	
Marv Saura		2. Georges Taino	
<b>Lightweight</b>		<b>WOMEN’S RESULTS</b>	
1. Castor Guzman		<b>Overall</b>	
2. Milton Feagans		Pam Chichester	
3. Georges Taino		<b>Best Poser</b>	
4. Donnell House		Kathleen Flarity	
<b>Middleweight</b>		<b>Lightweight</b>	
1. Kody Fraughton		1. Pam Chichester	
2. Felix Delgado		2. Diana Franckowiak	
3. Marv Saura		<b>Middleweight</b>	
<b>Heavyweight</b>		1. Kathleen Flarity	
1. Michael Martin			

# Body image

Chichester, Fraughton capture overall titles during competition

**By Bob Reinert**  
Northwest Guardian

Spouses all react differently when their husbands and wives deploy to war zones.

Pam Chichester decided to go to the gym and sculpt herself into a new woman.

More than a year later, Chichester displayed the chiseled results Saturday at the American Lake Community Center during the

2007 Fort Lewis Body Building Championship.

“There’s 40 pounds missing somewhere,” Chichester said. “It’s all muscle.”

The 47-year-old Chichester went from 27.5 percent to 7.9 percent body fat and impressed judges enough to win the women’s lightweight and overall titles. She also concealed a case of the nerves during her first-ever body building competition.

See **BODY BUILDING**, Page B2

# Smith too quick for Sampey during finals at NHRA event

**By Chris Dirato**  
U.S. Army NHRA Racing

MADISON, Ill. — U.S. Army Pro Stock Motorcycle pilot, Angelle Sampey, lost in the finals Sunday in the O’Reilly Midwest Nationals at Gateway International Raceway.

In other action, Sampey’s U.S. Army teammates, Antron Brown and Tony “The Sarge” Schumacher, both dropped first-round match ups in Pro Stock Motorcycle and Top Fuel, respectively.

Sampey, who qualified third, beat Scott Lewis, Andrew Hines

and Chip Ellis in the opening three rounds of eliminations before getting taken out by Matt Smith in the finals.

The three-time world champion actually left the starting line before Smith with an impressive .015-second launch, but Smith quickly went around her and wound up recording the quickest Pro Stock Motorcycle pass in NHRA history — 6.901 seconds.

“We gave it our best shot,” Sampey said.

See **SAMPEY**, Page B2



National Dragster/NHRA

Angelle Sampey reached the finals of Sunday’s O’Reilly Midwest Nationals.

# Army team battles but winds up 26th at Richmond race

U.S. Army Racing

RICHMOND, Va. — In perhaps their toughest race, Mark Martin and his Army teammates refused to give up during Sunday’s Jim Stewart 400 Nextel Cup race at Richmond International Raceway.

Martin battled an ill-handling Car of Tomorrow for most of the 300-mile event. He went a lap down halfway through the race and fell as far back as 26th on the three-quarter-mile oval.

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